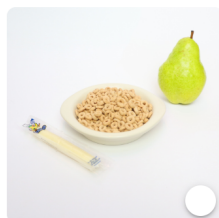


# Buena Vista Middle School Breakfast and Lunch Menu

Week of January 20th-23rd (Free for Students) Menu created by Ordo - Made fresh daily - Main Street Bakery

Tuesday, Jan. 20th Breakfast



Breakfast

**Cheerios & String Cheese with Pear**

Vegetarian

Tree-nut free

Peanut free

Egg free

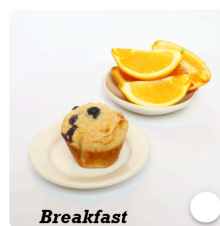
Soy free

Seafood free

Whole Grain

Sesame free

Wednesday, Jan. 21st Breakfast



**Breakfast**

Breakfast

**Whole Grain Blueberry Muffin with Orange Wedges**

Vegetarian

Tree-nut free

Peanut free

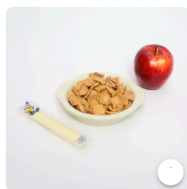
Soy free

Seafood free

Whole Grain

Sesame free

Thursday, January 22nd Breakfast



Breakfast

**Cinnamon Toast Crunch & String Cheese with Apple**

Vegetarian

Tree-nut free

Peanut free

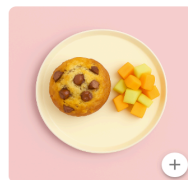
Egg free

Seafood free

Whole Grain

Sesame free

Friday, Jan. 22nd Breakfast



Breakfast

**Housemade Banana Chip Muffin with Melon Medley**

Vegetarian

Tree-nut free

Peanut free

Soy free

Seafood free

Whole Grain

Sesame free

Tue, Jan 20



Lunch

**Cheese Quesadilla with Southwest Pinto Beans & Orange Wedges (K-8)**

Vegetarian Tree-nut free  
Peanut free Egg free  
Seafood free Whole Grain  
Sesame free



Lunch

**Pulled Chicken Tacos with Southwest Pinto Beans & Orange Wedges (K-8)**

Tree-nut free Peanut free  
Seafood free Whole Grain  
Sesame free



Lunch

**Greek Salad (GF/DF) with Southwest Pinto Beans & Orange Wedges (K-8)**

Gluten free Tree-nut free  
Peanut free Dairy free  
Egg free Seafood free  
Whole Grain Sesame free



Lunch

**Chicken Caesar Wrap with Southwest Pinto Beans & Orange Wedges (K-8)**

Tree-nut free Peanut free  
Whole Grain Sesame free

Wed, Jan 21



Lunch

**White Bean Pasta Alfredo with Steamed Broccoli & Apple (K-8)**

Vegetarian Tree-nut free  
Peanut free Seafood free  
Whole Grain Sesame free



Lunch

**Greek Salad (GF/DF) with Steamed Broccoli & Apple (K-8)**

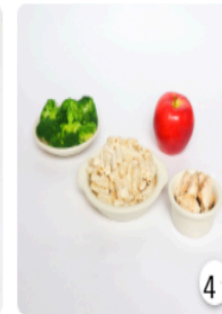
Gluten free Tree-nut free  
Peanut free Dairy free  
Egg free Seafood free  
Whole Grain Sesame free



Lunch

**Chicken Caesar Wrap with Steamed Broccoli & Apple (K-8)**

Tree-nut free Peanut free  
Whole Grain Sesame free


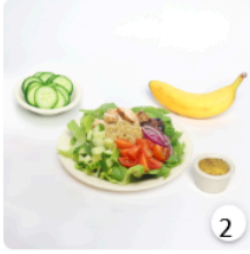




Lunch

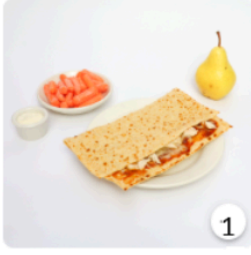

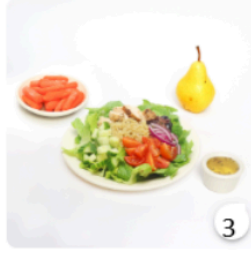
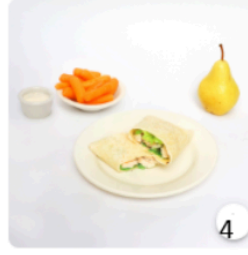
**Chicken Alfredo Pasta with Steamed Broccoli & Apple (K-8)**

Tree-nut free Peanut free  
Seafood free Whole Grain  
Sesame free

Thu, Jan 22

			
<p>☞ Lunch</p> <p><b>Scrambled Eggs &amp; French Toast with Cucumber Coins &amp; Banana (K-8)</b></p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Seafood free</p> <p>Whole Grain Sesame free</p>	<p>☞ Lunch</p> <p><b>Greek Salad (GF/DF) with Cucumber Coins &amp; Banana (K-8)</b></p> <p>Gluten free Tree-nut free</p> <p>Peanut free Dairy free</p> <p>Egg free Seafood free</p> <p>Whole Grain Sesame free</p>	<p>☞ Lunch</p> <p><b>Turkey Sausage &amp; French Toast with Cucumber Coins &amp; Banana (K-8)</b></p> <p>Tree-nut free Peanut free</p> <p>Seafood free Whole Grain</p> <p>Sesame free</p>	<p>☞ Lunch</p> <p><b>Chicken Caesar Wrap with Cucumber Coins &amp; Banana (K-8)</b></p> <p>Tree-nut free Peanut free</p> <p>Whole Grain Sesame free</p>

Fri, Jan 23

			
<p>☞ Lunch</p> <p><b>BBQ Chicken Calzone with Baby Carrots &amp; Pear (K-8)</b></p> <p>Tree-nut free Peanut free</p> <p>Seafood free Whole Grain</p>	<p>☞ Lunch</p> <p><b>Cheese Pizza Calzone with Baby Carrots &amp; Pear (K-8)</b></p> <p>Vegetarian Tree-nut free</p> <p>Peanut free Seafood free</p> <p>Whole Grain</p>	<p>☞ Lunch</p> <p><b>Greek Salad (GF/DF) with Baby Carrots &amp; Pear (K-8)</b></p> <p>Gluten free Tree-nut free</p> <p>Peanut free Dairy free</p> <p>Egg free Seafood free</p> <p>Whole Grain Sesame free</p>	<p>☞ Lunch</p> <p><b>Chicken Caesar Wrap with Baby Carrots &amp; Pear (K-8)</b></p> <p>Tree-nut free Peanut free</p> <p>Whole Grain Sesame free</p>

All meals are prepared utilizing a novel approach developed and managed by Ordo Inc. All district meals are prepared by Main Street Bakery and Catering, located on South Main Street in Salinas, providing restaurant-quality healthy meals while supporting the local economy. The vast majority of meals are made from scratch daily, meet the strict USDA standards for the National School Lunch Program, and provide a superior experience compared to traditional, district-prepared meals. For more information, please contact Bernard Burchette, Chief Business Official, at [bburchette@susd.net](mailto:bburchette@susd.net) or 831-455-2550 x 333.